



Strength Center Use

Alumni, Visiting Teams/Coaches



FACILITY USE PROCESS

Outlined below is the process for returning athletes, alumni, and visiting teams who want to use the strength center facility. The number one priority is contact with the Director of Strength & Conditioning (Sady Tobin, stobin@sswsc.org) to schedule use, fill out liability forms, and ensure proper use.

Visiting Team Use:

If an outside organization contacts you to use the strength center, the first step is to initiate an introduction to Sady as a touchpoint. I would like to have an email introduction to the coach using the facility and if possible, I will meet them during their gym use time. This will help me navigate visiting teams (especially in the summer) and provide a welcoming environment to the teams/coaches. This also gives me a point of contact in case times or schedules need to change.

Current National Team Member	Jr. National Team Member	Visiting Team Athlete	Coaches (with a team)
\$0	\$10	\$15	\$0

Alumni	Visitor
\$10*	\$15

*Work exchange available upon contact with Sady.

Max number of athletes recommended is 20, with at least 2 coaches present.



- Liability Forms

If a team is participating in other events (jump rentals, ect.) and they have filled out release forms then they are covered for the weight room. *However, coaches who intend to use the weight room need to fill out a liability form.*

- Facility: Teams will have private gym time (unless noted otherwise). Access code will be e-mailed to the visiting coach by Sady as well as rules for use. If there are less than 5 athletes, the team may be paired with another group depending on space & timing.

- Pricing: see side panel

- Teams planning on more than 4 sessions please contact Sady Tobin for an extended team rate.

Alumni Use:

All alumni must fill out a liability form for use of the weight room. Alumni must have an initial conversation/ email with Sady prior to the use of the weight room. Coaches, if an alum asks please request they contact Sady.

We are currently working on an online waiver platform but until then please use the liability form attached [HERE](#). They need to be on file in the weight room with Sady.

Contact: Sady Tobin
stobin@sswsc.org
 518.420.7021



[Strength & Conditioning Operations Calendar](#)